15 Delicious Recipes to Simplify Your Food Storage

Psst - They're also **gluten-free**!

Hey Everyone!

Welcome to A Year Without the Grocery Store! I'm really excited that you've decided to take the next step toward providing for your families during emergencies!

A little about myself. My name is Karen Morris. I'm a wife of 23 years to Steve, and a homeschooling mom to five kids from ages 8-17. I'm also the author of the book A Year Without the Grocery Store and the blog by the same name, and I've been a part of the preparedness community for over fifteen years.

We got started on our preparedness journey with food storage. Through the years we've battled critters - big and small, heat, cold, boring food, and mismatched food choices and come through the other side with simple, delicious, and organized food storage full of healthy food.

I'm excited to share with you some of our favorite and easiest food storage recipes!

Karen

Tortilla Soup - Serves 8

Ingredients:

1 - 30 oz can tomato sauce
4 C chicken broth (I use tetra-packed)
3 - 15 oz cans black beans
3 - 15 oz cans pinto beans
3 - 15 oz cans corn
½ C taco seasoning mix (bonus recipe)
⅓ C chili powder

Optional Ingredients:

1 bag tortilla chips
Freeze dried cheese
Sour cream (made from sour cream powder)

Directions:

Add all ingredients into a pot and heat. Garnish with tortilla chips, cheese, and sour cream

Preparedness Tip:

Keep a list of preparedness tasks on your phone that take 5-15 minutes to complete. If you have a few minutes of free time, pull up the list and tackle something small.

Pizza Pasta - Serves 4 - 6

Ingredients:

4 C water
16 oz pasta (You can use gluten-free)
1 C freeze dried sausage **OR** 1 pkg mini pepperoni
2 cans mushrooms
½ C freeze dried bell peppers
1 16 oz pizza sauce
1 C freeze dried mozzarella cheese (or 2 c shredded cheese)

Directions:

Bring the 4 c of water to a boil, add the pasta and freeze dried sausage and peppers. Stir often. Once the pasta is mostly tender add the pizza sauce, mushrooms, and pepperoni (if using) and warm through. Once warmed, add the cheese and serve.

Preparedness Tip:

Don't forget to stock spices! This is probably one of the most overlooked items for your kitchen.

Sweet and Sour Chicken - Serves 4

Ingredients:

2 cans pineapple chunks in juice
½ C ketchup (See Bonus Recipe)
½ C white vinegar
½ C brown sugar
2 T worcestershire
1 tsp garlic powder
½ tsp mustard powder
1 tsp ground ginger
3 T arrowroot powder
1 can chopped chicken
3 C prepared rice

Optional:

cashews or peanuts
coconut

Directions:

Drain the pineapple juice from the pineapple chunks. Set the chunks aside. Heat the pineapple juice, ketchup, vinegar, brown sugar, worcestershire, garlic powder, mustard powder and ginger over a medium heat. Remove ½ C of the hot liquid to a cup. Add the arrowroot powder and using a fork stir the cup of hot liquid and arrowroot powder together. Once it's incorporated into the ½ C of liquid pour the liquid back into the pan and whisk away. It should start to thicken. Add the pineapple chunks. Open the can of chicken and drain off the liquid. Break the chicken chunks up and add it to the liquid. Garnish with chopped cashews or peanuts, and coconut.

Preparedness Tip:

After you practice any aspect of preparedness, make sure you take stock of what went well, what went poorly, and what should be eliminated or tweaked for the next time.

Chili

Ingredients:

1 #10 can tomato sauce
3 - 30 oz cans pinto beans 0r 6 - 15 oz cans
⅓ C chili powder

Optional Ingredients:

1 C Freeze dried beef
1 bag of corn chips
Freeze dried cheese

Directions:

Place the ingredients into a pot together. Garnish with corn chips and cheese.

Preparedness Tip :

If you have to leave in a hurry, not everything you'll want to take will be in your bug-out bags. You'll want to bring things like your laptops and other items that you use daily with you. Make a list of these last minute items and tape it to the inside of a cabinet. If you ever have to leave quickly, you'll be sure not to forget anything like a cell phone charger, medicines, or cash.

Chicken Parmesan Casserole - Serves 4

Ingredients:

4 cans cooked chicken
1 - 28 oz jar marinara sauce
¾ C parmesan cheese
1 ¼ C bread crumbs (or gluten free bread put through a food processor)
¼ C Italian dressing
2 C freeze dried mozzarella cheese

Directions:

Prepare the mozzarella cheese according to directions. Drain the cooked chicken and break up the chicken pieces. Mix the chicken pieces and marinara sauce. Put them in a 8x8 greased dish. Top with parmesan cheese and prepared mozzarella cheese. Mix the bread crumbs and Italian dressing. Spread the mixture over top of the cheeses.

Preparedness Tip:

Ask your friend to call you at a random time next month. Tell him or her to say, "Tornado drill," "Fire drill," or "24 hour power outage." You won't know when to expect it, so you'll have to adapt on the fly.

Granola - Makes 8-10 servings We make up a double batch, store it in a glass jar on our counter and eat on it for a week or two.

Ingredients:
6 C oats
1 C pecans
1 C chocolate chips
1 C coconut
1 C sunflower seeds
⅓ C cocoa powder
⅔ C honey
⅔ C coconut oil
1 tsp vanilla

Directions:
Mix the oats, pecans, chocolate chips, coconut, sunflower seeds, and coconut powder together in a 9x13 pan. On the stove, heat the honey and coconut oil together until melted and mixed. Remove from heat and add 1 tsp vanilla. Pour over the dry mixture and stir thoroughly. Bake at 250 degrees for 1 hour.

Preparedness Tip:

You need crutches in your preps. You can find them very inexpensively at second hand stores.

Shepherd's Pie - Serves 4

Ingredients:

1 can peas
1 can corn
1 can carrots
1 can mushrooms
¼ C freeze dried onions
1 C freeze dried ground beef (or 1 # fresh browned ground beef)
2 T Worcestershire sauce
1 - 15 oz can beef broth
3 T butter
½ C Flour
4 C prepared mashed potatoes from potato flakes

Directions:

Preheat the oven to 350. Spray a 9x13 pan with cooking spray. Open and drain the cans of peas, corn, carrots, and mushrooms and dump into a 9x13 pan. Add ground beef and worcestershire.

In a saucepan, melt the butter, mix in the flour to form a paste. Add the beef broth to form a gravy. Pour the gravy over the mixture in a 9x13 pan. Prepare the mashed potatoes according to directions. Drop the potatoes on top of the ground beef mixture.

Preparedness Tip:

Try a new food storage recipe once a week. Keep the ones that your family loves in a page protector in a 3-ring binder.

Mexicali Pie - Serves 8+

Ingredients:

3 - 15 oz cans black beans
3 - 15 oz cans pinto beans
1 can Rotel
3 C quick cooking rice
⅓ C taco seasoning mix
1 C freeze dried beef rehydrated
2 C shredded cheddar cheese (or rehydrated freeze dried equivalent)
3 C Milk
3 eggs
2 C water

Directions:

Open, drain, and rinse the black beans and pinto beans. Mix the beans, Rotel, rice, taco seasoning mix, cheddar cheese, and beef in a crockpot or divide between 2 9x13 pans. Mix the milk, eggs, and water together. Pour evenly over the rice and bean mixture. Cook in the crockpot on low all day or put it in the oven at 350 for 1 hour.

Preparedness Tip:

Using freeze dried foods in soups is excellent. You don't have to rehydrate them. Just toss them in!

Baked Oatmeal - Serves 8-10

Ingredients:

4 C oats (use certified gluten free oats if you're gluten free)
1 1/3 C packed brown sugar
1 T baking powder
1 tsp salt
3 eggs
1 1/2 C milk
2/3 C melted butter
1/2 T vanilla
1/2 T cinnamon
1 C freeze dried strawberries or blueberries
1/4 C slivered or sliced almonds

Directions:

Preheat the oven to 350. Grease 9x13 pan. In one bowl, mix together oats, brown sugar, baking soda, and salt. In a second bowl, mix the eggs, milk, melted butter, vanilla, cinnamon and freeze dried fruit. A little at a time add the dry mixture to the wet mixture and stir them well. Pour into the greased 9x13 pan and sprinkle with the almonds. Bake for 40 minutes at 350. Once removed from the oven cut into 8-10 pieces. Crumble each piece in a bowl and pour warm milk over it.

Preparedness Tip:

Grease your cast iron pan with a little bit of coconut oil as soon as you finish drying it. It will keep the nonstick properties intact even better!

Pea Casserole - serves 4-6

Ingredients:

3 cans of peas
1 can cream of mushroom soup - See Bonus Recipe
1 C freeze dried ground hamburger rehydrated
2 C freeze dried shredded potatoes rehydrated

Directions:

Preheat oven to 350. Spray a 9x13 pan with nonstick cooking spray. Open and drain cans of peas, mix together with cream of mushroom soup and hamburger. Top with dehydrated shredded potatoes. Bake at 350 for 60 minutes.

Preparedness Tip:

Keep a cheat sheet on your phone of where you've put everything in your bug out bag. This way you always have everything's location at your fingertips.

Chicken Alfredo - Serves 6

Ingredients:

1 Box pasta
½ C Magic Mix (look in the bonus recipes)
½ C Parmesan Cheese (Green can is fine)
1 C milk (fresh, Reconstituted Powdered Milk, or other milk alternatives)
1 tsp garlic powder
½ tsp onion powder
1 tsp salt
¼ tsp pepper
1 can chicken drained and crumbled

Directions:

Cook pasta according to directions. Put your dry ingredients into a saucepan on the stove over medium heat. Add milk and whisk the ingredients together slowly until it thickens and almost comes to a boil. Remove from heat and add strained and crumbled chicken. Serve over pasta.

Chicken and Dumplings - Serves 6

Ingredients:

½ C Bouillon Mix
2 Quarts Water
1 Can Chicken (drained and broken up)
½ C Freeze Dried carrots (or 1 can carrots drained and chopped)

Biscuit Mix:
⅔ C Flour
1 T Baking Powder
¼ C Dry Milk Powder
1 C water
2 T Oil

Directions:

Heat the water, bouillon MIx, chicken, and freeze dried (or canned carrots) over medium heat on the stove until boiling. MIx the flour, baking powder, milk powder, water and oil in a separate bowl. Drop in spoonfuls into the boiling liquid and cook for 5-10 minutes.

Tuna/Salmon Patties - Makes 8 patties

Ingredients:

2 - 6 oz cans tuna
2 - 6 oz cans salmon
1 T Creole Seasoning
½ tsp garlic
3 eggs (or powdered egg equivalent)
1 T coconut oil

Directions:

Drain the tuna and salmon into a bowl and mix with the seasonings, 3 eggs, and coconut oil together. Form into patties and fry over a medium heat on the stove.

White Chicken Chili - Serves 8

Ingredients:
2 quarts water
½ C Bouillon mix (Bonus Recipe)
6 - 15 oz cans Navy Beans drained and rinsed (or great northern beans)
1 can Rotel
1 can chicken (drained and crumbled)
2 tsp garlic powder
2 T cumin
2 tsp oregano
¼ C Chili Powder

Optional Ingredients:
Shredded Cheese
Tortilla Chips

Directions:
Mix quarts, bouillon mix, navy beans, rotel, chicken, and seasonings over medium heat. Serve with garnish of cheese and tortilla chips.

Chicken Noodle Soup - Serves 8

Ingredients:

2 Quarts water
½ C Bouillon Mix
1 package egg noodles
2 cans chicken
½ C freeze dried carrots (or one - 15 oz can of carrots)
½ C freeze dried celery (or omit)
2 T Oregano
2 T Basil

Directions:

Heat the water, and bouillon mix to a boil. Cook the egg noodles, freeze dried carrots, and celery in the liquid mixture. (Add more water as needed). Once the egg noodles are cooked, add the chicken, oregano and basil.

About Your Bonus Recipes

I have mentioned before that eating healthfully is important to me, but some of the ingredients that I mentioned may sound less than really healthy - like canned cream of mushroom soup or canned vegetables.

There are several options for you if you are seeking out the most nutritious versions of these foods.

(1) Grow your own food. If you grow your own food, you know what is going into your food.
(2) Can, dehydrate, freeze dry, or freeze your own vegetables.
(3) Buy organic produce and preserve them in similar ways.
(4) Make items yourself from ingredients you know are clean.....

And that is where your bonus recipes come in. They will both save you money and help you know what is in your food. I've provided you with four bonus recipes from my website or my book which will help make these meal recipes the healthiest version that they can be.

Bonus Recipe: Taco Seasoning Mix

Ingredients:

1 C chili powder
½ C onion powder
¼ C cumin
3 T garlic
3 T paprika
2 T salt

Directions:

Mix all the ingredients together. Store is a dry location. When a recipe calls for Taco Seasoning Mix, use 1/4 C of this mixture.

Bonus Recipe: Ketchup

Ingredients:

6 oz tomato paste
¼ C water
2 T apple cider vinegar
2 T honey or sugar
1 tsp salt
½ tsp onion powder
¼ tsp cinnamon
¼ tsp cloves
⅛ tsp cayenne

Directions:

Mix ingredients together and serve.

Bonus Recipe - Chicken Bouillon Mix

1 ⅓ C Nutritional Yeast
3 T Onion Powder
2 T Mineral Salt
½ tsp Stevia or equivalent sweetener
1 T Garlic Salt
2 tsp Thyme
1 tsp Sage
1 T Turmeric
2 tsp Parsley
1 T Gelatin
1 tsp Collagen
1 tsp Pepper

Directions: Put this mix in a blender and blend it until it's a nice powder. Use 1 T of the mix for each cup of water.

Bonus Recipe: Magic Mix

Ingredients:

2 ¼ C instant nonfat dry milk powder
1 C butter or ghee
1 C flour

Directions:

Mix all the ingredients with a mixer. Magic mix can be used to make SO MANY other things like cream of mushroom soup mix (from the pea casserole recipe).

Bonus Recipe: Cream of Mushroom Soup

Ingredients:

1 C magic mix
2 cans mushrooms (reserve the liquid), 8 oz sauteed mushrooms, or ½ C freeze dried mushrooms
¾ water (use the liquid reserved from the mushroom pieces if you are using canned mushrooms
½ tsp onion powder
½ tsp garlic powder
½ tsp nutritional yeast

Directions:

Whisk the ingredients together and cook over a medium heat until it reaches serving temperature or begins to thicken.

Bonus Recipe: Cook and Serve Vanilla Pudding

Ingredients:

1 C Magic Mix
½ C Sugar
2 C water
1 tsp vanilla

Directions:

Put the Magic Mix and sugar in a medium saucepan. Turn the heat onto medium and slowly whisk in the water and vanilla. Once heated thoroughly, pour into a bowl and refrigerate - if you can wait that long.

Friends,

I remember when my youngest (who is now 8) had just been born, I told my husband that I was concerned about bringing a child into a world in which there was a chance that he would have to go hungry. My preparedness efforts centered around my family - keeping them safe and providing for them.

I'm so excited that you've joined me on this journey. This is the first step in being more prepared to help your family!

So what sets me and this blog apart? I've lived through several life-changing events including the Ferguson Riots, the aftermath of our home taking a direct hit from a tornado, and being caught by a knife-wielding young man at a homeschool chess club. Each of these big things plus more 'little things' than I can count have taught me a lot about preparedness.

I've had a blog post featured in Zero Hedge with What Civil Unrest is Really like: We Survived the Ferguson Riots. I've also worked with Daisy Luther, The Organic Prepper, and have been featured on her website several times. Some of my articles include 7 Questions to Help You Figure Out Where to Store All That Food, The Aftermath: What It's Really Like After Your Home is Hit by a Tornado and 8 OTC Items That Could Save Your Life.

But that's enough about me. I'd honestly love to hear about you. Shoot me an e-mail and share your preparedness hopes and dreams with me. You can reach me at Karen@ayearwithoutthegrocerystore.com.

Karen